## **CLAIMS**

- A catheter system to change the temperature of blood by heat transfer to or from a circulating
  working fluid, comprising:
  - a supply lumen to introduce a circulating working fluid to a heat transfer element; and and
- a return lumen to extract a circulating working fluid from the heat transfer element, the return lumen having a cross-sectional area greater than the cross-sectional area of the supply lumen to enhance flexibility of the heat transfer element.
  - 2. The system of claim 1, wherein the heat transfer element is made of a flexible conductive metal.
- 3. The system of claim 1, wherein the heat transfer element is a balloon having a substantially straight inlet lumen and a helical outlet lumen, the helical outlet lumen helically encircling the substantially straight inlet lumen.
  - 4. The system of claim 3, wherein multiple helical outlet lumens are provided.
- 5. The system of claim 4, wherein three helical outlet lumens are provided.
  - 6. The system of claim 3, wherein the inlet lumen and the outlet lumen are made of a flexible material.
  - 7. The system of claim 6, wherein the flexible material is rubber.

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- 8. The system of claim 6, wherein the flexible material is a material capable of undergoing inflation.
- 9. The system of claim 1, wherein the working fluid is saline.
- 10. The system of claim 3, wherein a length of the inlet lumen is between about 5 and 30 centimeters.

- 11. The system of claim 3, wherein a diameter of the helical shape of the outlet lumen is less than about 8 millimeters when inflated.
- 12. The system of claim 1, further comprising a working fluid supply including a pump, and wherein the pump circulates the working fluid.
  - 13. The system of claim 12, wherein the working fluid supply is configured to produce a pressurized working fluid at a temperature of between about -3°C and 36°C and at a pressure below about 5 atmospheres of pressure.
  - 14. The system of claim 3, wherein the outlet lumen includes a surface coating or treatment to inhibit clot formation.
  - 15. The system of claim 14, wherein the surface coating or treatment includes heparin.
  - 16. A method of providing flexibility in a catheter for use in a system to change the temperature of blood by heat transfer to or from a circulating working fluid, comprising:

providing a catheter including:

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- a supply lumen to introduce a circulating working fluid to a heat transfer element; and and
- a return lumen to extract a circulating working fluid from the heat transfer element, the return lumen having a cross-sectional area greater than the cross-sectional area of the supply lumen to enhance flexibility of the heat transfer element; and
- circulating fluid through the supply lumen and return lumen to change the temperature of the heat transfer element to a temperature different from a patient temperature, to heat or cool the patient.
- 17. The system of claim 16, wherein the heat transfer element is made of a flexible conductive metal.
- 18. The system of claim 16, wherein the heat transfer element is a balloon having a substantially straight inlet lumen and a helical outlet lumen, the helical outlet lumen helically encircling the substantially straight inlet lumen.
  - 19. The system of claim 18, wherein multiple helical outlet lumens are provided.

- 20. The system of claim 19, wherein three helical outlet lumens are provided.
- 21. The system of claim 18, wherein the inlet lumen and the outlet lumen are made of a flexible material.
  - 22. The system of claim 21, wherein the flexible material is rubber.
  - 23. The system of claim 21, wherein the flexible material is a material capable of undergoing inflation.
  - 24. The system of claim 16, wherein the working fluid is saline.

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- 25. The system of claim 18, wherein a length of the inlet lumen is between about 5 and 30 centimeters.
- 26. The system of claim 18, wherein a diameter of the helical shape of the outlet lumen is less than about 8 millimeters when inflated.
- 27. The system of claim 16, further comprising a working fluid supply including a pump, and wherein the pump circulates the working fluid.
  - 28. The system of claim 27, wherein the working fluid supply is configured to produce a pressurized working fluid at a temperature of between about  $-3^{\circ}$ C and  $36^{\circ}$ C and at a pressure below about 5 atmospheres of pressure.
  - 29. The system of claim 18, wherein the outlet lumen includes a surface coating or treatment to inhibit clot formation.
  - 30. The system of claim 29, wherein the surface coating or treatment includes heparin.
  - 31. A method of determining pressure in a catheter for use in a system to change the temperature of blood by heat transfer to or from a circulating working fluid, comprising:

providing a catheter including:

a supply lumen to introduce a circulating working fluid to a heat transfer element; and and

a return lumen to extract a circulating working fluid from the heat transfer element; circulating fluid via a pump through the supply lumen and return lumen to change the temperature of the heat transfer element to a temperature different from a patient temperature, to heat or cool the patient;

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monitoring the pump speed and current drawn by the pump and using the same in a calculation of pressure.

32. The method of claim 31, further comprising measuring the efficiency of the pump and using the same in a calculation of pressure.